Mind Alive Inc

[DAVID DELIGHT OPERATOR'S MANUAL]

Usage and care of your AVE device

WARNING

All persons who:

a) have a history of epilepsy, photic epilepsy or any seizure disorder,
b) suffer from any mental disorder or psychiatric illness,
c) are currently using any drugs (prescription or recreational),
d) are under the influence of alcohol,
e) have had any head injuries,
f) have ever had a seizure of any kind,

should not use the DAVID Delight unless under the supervision of a health care provider qualified in the safe detection of seizures.

NOTICE TO HEALTH CARE PROVIDERS

It is the responsibility of the health care provider to complete a proper intake addressing these concerns mentioned above. Mind Alive Inc., its employees, suppliers and distributors are exempt of any liability in damages resulting from a seizure or psychiatric condition that may occur from prescribing this device.

CLINICAL RESEARCH SHOWS THAT THE DAVID DELIGHT IS EFFECTIVE IN REDUCING COGNITIVE DECLINE, ADD, SAD, DEPRESSED MOOD, INSOMNIA AND ANXIETY.

The DAVID Delight is a non-invasive tool.
All resulting effects are produced in the brain solely by audio and visual stimulation.

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Tru-Vu Omniscreen Eyesets protected under U.S. Patent 5,709,645

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INTRODUCTION

You have purchased the most innovative, high quality audio-visual entrainment (AVE) device available on the market today. The DAVID Delight integrates the necessary principles of audio/visual stimulation to safely and effectively guide the user into desired states of consciousness and maximum brain functioning. We are confident you will find using the DAVID Delight not only an enjoyable, relaxing experience, but also beneficial as you explore heightened states of consciousness and personal awareness.

The DAVID Delight is non-invasive and no electrical current is passed through to the user. All resulting effects are produced in the brain solely by audio-visual stimuli. The portability of the DAVID Delight lends itself to easy travel (airport X-ray machines will not harm the DAVID Delight).

In order to obtain maximum enjoyment and benefits from your DAVID Delight, please read this operator's manual thoroughly.

COMPONENT LIST

- ✓ DAVID Delight – Serial Number _____
- ✓ Tru-Vu Omniscreen Eyeset (white) and Carry Case
- ✓ Headphones
- ✓ Stereo Patch Cord
- ✓ Carry Bag
- ✓ 9-Volt Alkaline Battery
- ✓ 9-Volt DC Power Adapter
- ✓ Quick Start Guide
- ✓ Delight Operator's Manual

ADDITIONAL ACCESSORIES

- DAVID Session Editor
- Extra User Package (eyeset, headphones and splitter cords)
- Tru-Vu Omniscreen Multi-Color Eyeset
- Tru-Vu Omniscreen Viewhole Eyesets (for eyes open use, available in white, blue, green, and yellow)

WARNINGS

If you are an epileptic, photic epileptic or have any history of seizures: We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the DAVID Delight unless under the supervision of a health care professional who is qualified in the safe detection of seizures.

If you have had a brain injury or suffer from any mental disorder or psychiatric illness: We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the DAVID Delight unless under the supervision of a qualified health care professional.

If you are taking drugs or using alcohol: We recommend that people currently using drugs and/or excessive alcohol consumption not use the DAVID Delight unless under the supervision of a qualified health care professional.

If you are a first-time Delight user: We advise that you always remain seated or reclined while using the DAVID Delight. We also suggest that new users begin sessions with low brightness in the eyesets. If at any time during a session, you begin to feel vertigo, nausea, euphoria, "deja-vu", or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or discontinue the session.

IT IS THE RESPONSIBILITY OF THE HEALTH CARE PROVIDER TO COMPLETE A PROPER INTAKE, ADDRESSING THE CONCERNS MENTIONED ABOVE. MIND ALIVE INC., ITS EMPLOYEES, SUPPLIERS AND DISTRIBUTORS ARE EXEMPT OF ANY LIABILITY IN DAMAGES RESULTING FROM A SEIZURE OR PSYCHIATRIC CONDITION THAT MAY OCCUR FROM USING THIS DEVICE.

PRECAUTIONS

Traumatic Childhood Experiences - The DAVID Delight can cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

Somnatic Shock - If abruptly returning to a normal conscious state, a mild case of somnatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a headache. All preset sessions in the DAVID Delight are programmed to end with the lights fading out (Soft Off™) to avoid somnatic shock.

Orthostatic Hypotension - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

WARRANTY AND CARE

The DAVID Delight is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the DAVID Delight for service are the responsibility of the customer.

TO ACTIVATE YOUR WARRANTY PLEASE REGISTER ONLINE AT *www.mindalive.com/registration.htm* OR CALL US AT 1 (800) 661-MIND (CANADA AND U.S. ONLY) OR (780) 465-6463

This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other than normal use
- improper battery installation
- cords for headphones and Omniscreen™ eyeset
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the DAVID Delight.

RETURNING FOR REPAIRS

Should your Delight require repairs, you must contact our service department at 1(800) 661-MIND (Canada and U.S. only) or (780) 465-6463 to obtain a warranty/repair authorization number and important shipping instructions.

When returning your device for repair, be sure to surround the DAVID Delight with at least one inch of tight packing on all sides in a strong carton. Neither Mind Alive Inc. nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton ***"FRAGILE, HANDLE WITH CARE."*** Include a copy of your sales receipt, a brief written description of the problem and a daytime contact number. All postage, insurance and shipping costs incurred in returning the DAVID Delight for service are the responsibility of the customer.

WARRANTY AND CARE

FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer. Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents ***"RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY"***.

CARE AND MAINTENANCE

Use a soft, slightly moistened cloth (use water or mild detergent) to clean the DAVID Delight. Do not clean with any solvents. Do not subject the DAVID Delight to static electricity. Do not place the DAVID Delight near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the DAVID Delight, turn it off immediately. If liquid does enter the electronics, we advise that the DAVID Delight be checked by authorized personnel before commencing operation.

DISCLAIMER OF LIABILITY

Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the DAVID Delight whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the DAVID Delight, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the DAVID Delight either at the premises of Mind Alive Inc. or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

THE DAVID EXPERIENCE

Welcome to the experience of the DAVID Delight, a digital audio-visual entrainment (AVE) device, designed to support you in your quest for wellness by promoting various areas of the brain to work together in a harmonious fashion. Through the use of AVE, you may experience yourself in a new and beneficial way.

Many users of the DAVID Delight have reported experiencing:

- Deep relaxation while feeling more energized
- Visual images, colors and patterns
- The sense of feeling "grounded" and calm
- Increased mental clarity for resolving problems
- Enhanced interpersonal relationships
- Cheerfulness
- Mental sharpness

How and why do these sensations occur? Several changes take place during and following an AVE session:

1) AVE involves dissociation. Dissociating is the first step towards effective clearing of the mind and meditation. This clearing of thoughts and loss of body awareness is similar to what an experienced meditator would achieve.

2) Cerebral blood flow increases. Most cognitive and emotional disorders involve areas of the brain that are low in blood flow. A study by Fox and Reichle (1985) showed AVE increased cerebral blood flow up to 28%.

3) EEG activity changes. The concept of entrainment is about altering brainwave activity. Quantitative EEG (QEEG) studies have confirmed the normalization of brain activity following an AVE session. Aberrant brainwave activity in various conditions such as depression, anxiety, ADD, seasonal affective disorder, chronic fatigue, etc., may be restructured into healthier patterns.

4) Neurotransmitters change. Shealy et al. (1989) has shown that serotonin and norepinephrine increase following the use of AVE.

RECOMMENDED READING

- ✓ *The Rediscovery of Audio-Visual Entrainment Technology – Dave Siever*
- ✓ *The AVE Session & Protocol Guide for Professionals – Dave Siever*
- ✓ *AVE Related articles – www.mindalive.com/AVE_Research_Articles.htm*

HEART RATE VARIABILITY (HRV)

Long, graceful breathing cycles have long been used as part of meditation. Scientifically, this technique has been analyzed and shown to settle down a stressed autonomic nervous system. Both sympathetic (flight-or-fight) activity and parasympathetic (the brain's efforts to restore) activity settle down dramatically using controlled, slowed, deep-breathing techniques.

The heart speeds up with every breath in and slows down with every breath out. The difference in heart rate between its fastest and slowest rates with every breath is called Heart Rate Variability (HRV). For example, a relaxed person using controlled breathing may have a heartbeat of 80bpm (beats per minute) while breathing in and as low as 65bpm while breathing out. The difference or "swing" is about 15bpm. When people get stressed, their heart typically clamps as low as 3bpm HRV with occasional spikes sometimes as high as 30bpm HRV. This is abnormal activity and is straining to the heart.

> WHEN USING HRV-PACED BREATHING, LISTEN TO THE HEARTBEAT GENERATED BY THE DELIGHT THROUGH THE HEADPHONES. INHALE FOR TWO HEARTBEATS AND EXHALE FOR TWO HEARTBEATS (NOT YOUR OWN HEARTBEATS!).

The HRV technique used in the DAVID Delight is based on a 10-second breathing cycle. All Delight sessions begin at seven breaths/minute (28 heartbeats/min) and slow to six breaths/minute (24 heartbeats/min). This allows for faster breathing at the start of a session, progressing to more meditative breathing after the user has had time to relax.

ICON DESCRIPTIONS

Icon	Control
	Power Turn the Delight on/off Initiate manual Soft Off™
	Intensity Control Increase or decrease the brightness of the eyeset lights
	Volume Control Increase or decrease the loudness of the tones and heartbeat
	Tone/Heartbeat Control Cycle through the available tones Turn the heartbeat on/off

Icon	Connection
	9-Volt DC Power Adapter
	Audio Input (3.5mm, stereo)
	Headphones
	Tru-Vu Omniscreen Eyeset

Icon	**Session** (*see page 12 for descriptions*)
	Energize
	Meditate
	Brain Booster
	Sleep
	Mood Booster

QUICK START

Find a comfortable spot
Sessions are an average of 30 minutes. Find a place where you won't be disturbed. Dark, quiet places are better.

Stay Hydrated
Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy.

Connect Power
Insert the 9V battery according to the diagram inside the battery compartment. Or connect the 9V Adapter to the 9V jack.

All the Session LEDs are dimly lit before a session is selected so that they can be easily seen in the dark.

Plug in the Eyeset
One end of the eyeset cable connects to the jack on the left side of the glasses, the other to the jack on the unit.

Plug in the Headphones
Connect the headphone plug to the jack on the unit.

Turn on the Delight
Push and hold until the power light comes on.

Select a Session
Press a Session button to start that session. Press it again to select the alternate session. See the sessions list for details (*page 12*).

Relax and Enjoy
The session will begin in 5 seconds. Put on the headphones and eyeset. Close your eyes and relax.

OPERATING INSTRUCTIONS

SETUP

The headphones connect to the headphone output jack ( ). When using an Extra User Package (*sold separately*), connect the 3.5mm splitter cable to the Delight and connect each set of headphones to the splitter cable. It is recommended that you disconnect the headphones from the unit before storing or travelling to prevent accidental damage to the jack.

The Tru-Vu Omniscreen, Tru-Vu Viewhole Omniscreen, or Tru-Vu Color Eyeset connect to the eyeset output jack ( ) with the included 2.5mm patch cord. Connect one end to the Delight and the other to the jack located on the lower left of the glasses. When using an Extra User Package (*sold separately*), connect the 2.5mm splitter cable to the Delight and connect each eyeset to the splitter cable. It is recommended that you disconnect the eyeset cable from the device and from the eyeset before storing or travelling to prevent accidental damage to the jacks.

An external audio source (such as an MP3 or CD player) can be connected to the Delight so that music or other audio can be listened to while running a session. Plug the stereo patch cord into the headphone output of the audio device and the audio input jack ( ) of the Delight. ***Note: start the Delight and select a session before playing audio unless you would like to run a Sound Sync Session (see page 13).***

POWER

The Delight can be powered with a 9-volt alkaline or rechargeable battery, or with the 9-Volt DC power adapter provided. To install the battery, slide the cover off of the battery compartment on the back of the unit. Insert a 9-volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-volt battery will provide approximately seven (7) hours of operation

To use the 9-Volt adapter, connect the adapter to the 9-Volt jack (9V) on the side of the unit. The 9-Volt DC power adapter uses a 1.3mm center-positive plug. No battery power is used when plugged into an adapter.

OPERATING INSTRUCTIONS

TURN ON/TURN OFF

Press and hold the Power button (⏻) until the Power LED turns on. The graph (between the VOL and INT controls) will display the battery level when you first turn on the unit (*see Battery Level*). If no session is selected within two (2) minutes, the Delight will turn off.

At the end of a session, the lights and sound will fade out (Soft Off™) and the Delight will automatically turn off. To end a session early, press and release the Power button (⏻) quickly to initiate a short Soft Off™ (30 seconds).

To turn off the Delight at any time, press and hold the Power button (⏻) until the unit turns off. This may take up to three (3) seconds if a session is running.

BATTERY LEVEL

The battery level is displayed on the Graph for a couple of seconds when the Delight is first turned on. The battery level is also monitored and displayed periodically while the session is running.

When the battery level is getting low, the Graph will display two (2) blinking bars. It is recommended that you replace the battery before running a session if this warning is displayed.

When the battery level is critically low, the Graph will display a single (1) blinking bar. If this warning is displayed when you turn the unit on, replace the battery. If this warning occurs during a session, the session will end early and the battery indicator will continue to blink for a short period of time. The battery ***must*** be replaced before the unit can be used again.

SELECTING A SESSION

The Delight has five (5) Session category buttons (⚡, 🧘, 💡, 🌙, 🕐). Each button offers two (2) session options. Session 1 is indicated by the session LED on solid. Session 2 is indicated by the session LED blinking.

To select a session, press the Session button. The session LED will turn on. To select the alternate session, press the Session button a second time within five (5) seconds. Press a different Session button to change the current selection.

Each Session button remembers which option was played last. If you ran Energize 2, the next time you select Energize the LED will blink for Energize 2.

The selected session will start after a five (5) second delay.

SESSION CONTROLS

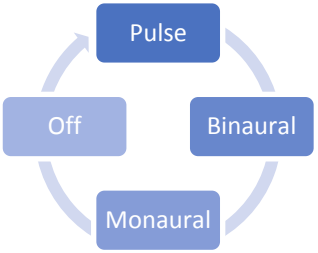
VOLUME

The Volume level affects both tones and the heartbeat together. There are 30 volume levels. To adjust the volume, press and release or press and hold the VOL ▲ or ▼ buttons. The Graph will display the volume level. The volume cannot be adjusted during Soft Off™.

The Volume, Intensity, and Power buttons are raised to help you find them easily with eyes closed.

INTENSITY

The Intensity level affects the brightness of the lights in the eyeset. There are 15 eyeset intensity levels. To adjust the intensity, press and release or press and hold the INT ▲ or ▼ buttons. The Graph will display the intensity level. The intensity cannot be adjusted during Soft Off™.



TONE SELECTION

There are three (3) different tone options available in the Delight: Pulse Tones, Binaural Beats, and Stereo Monaural Beats. Tones may also be turned off. All sessions start with Pulse Tones. Press and release the Tone button (🔄) to cycle through the tone options.

HEARTBEAT SELECTION

All sessions start with the heartbeat on. The heartbeat can be used to help modulate breathing for improved HRV (see page 6). To turn the heartbeat on/off, press and hold the Tone button (🔄).

SAVING PREFERENCES

You can save your preferred Volume, Intensity, Tone, and Heartbeat settings for each session. Adjust the volume, intensity, and tone settings then press and hold the active Session button for one (1) second. All of the Session LEDs will flash. You may continue the session or end it immediately and the Delight will save your preferred settings and use them the next time you run that session.

DELIGHT SESSIONS

Energize 1 – Beta Perker (20 min)

Energize 2 – Super Beta Perker (18 min)

The Energize sessions are a great way to get going in the morning. Use them as a caffeine-free burst of energy. Try Energize 2 for more energizing results.

Meditate 1 – Healthy Alpha Relaxer (30 min)

Meditate 2 – Schumann Resonance (40 min)

The Meditate sessions are a great way to relax and easily reach meditative states. Meditate 1 will help to produce healthy alpha waves. Meditate 2 can be used for deeper meditation.

Brain Booster 1 – SMR/Beta (24 min)

Brain Booster 2 – Alpha to SMR/Beta (30 min)

The Brain Booster sessions are used to improve mental functioning and memory. Brain Booster 1 is great for students and seniors. Brain Booster 2 is more stimulating and particularly effective for teens and adults with ADD/ADHD.

Sleep 1 –Theta (45 min)

Sleep 2 – SMR for Sleep (40 min)

The Sleep sessions can be used to help improve sleep. Sleep 1 is best for people with a chatty mind and tense body. Sleep 2 is used to improve sleep for people with a chatty mind and relaxed body.

Mood Booster 1 – Alpha/Beta (30 min)

Mood Booster 2 – Alpha to Alpha/Beta (42 min)

The Mood Booster sessions settle down negative emotions and thoughts. Mood Booster 1 is best used in the morning. Mood Booster 2 has a meditative beginning to also calm generalized anxiety.

SOUND SYNC SESSIONS

The Delight has the ability to use sound to run a special session for relaxation and lucid dreaming effects. To start a Sound Sync session, connect your audio device (eg CD or MP3 player) to the Audio In jack ( ) with the 3.5mm stereo patch cord provided.

Turn on the Delight, but do not select a session. Start the playback on the audio device. After a short period (about 10 seconds) the Delight will detect the audio and enter Sound Sync mode. The Graph will activate to indicate there is audio present and the Session LEDs will flicker. Press a Session button to begin the session.

A Sound Sync session will last for as long as audio is playing. Once the audio ends, the session will Soft Off™. If audio is detected again during the Soft Off™, the lights will fade back up and the session will continue.

Sound Sync sessions use randomization. The left and right frequencies will vary slightly from the target rate to create a lucid mind-state.

Session	Target Frequencies
	20 Hz
	7.8Hz
	Left Stim 14Hz, Right Stim 20Hz
	6.5Hz
	Left Stim 10Hz, Right Stim 19.5Hz

TONES AND HEARTBEAT

Tones and heartbeat may be turned on during any Sound Sync session. To turn on tones press and release the Tone button ( ). The tones will cycle through the available tone options (*see page 11*). To turn on the heartbeat press and hold the Tone button ( ). Press and hold the Tone button ( ) again to turn the heartbeat off.

TROUBLESHOOTING

What	Try
Graph blinks a single bar, then the Delight turns off	Replace the battery or use a 9-Volt DC power adapter
Delight does not turn on	Replace the battery or use a 9-Volt DC power adapter
Lights in Eyeset are active on the left side only	Ensure the eyeset cable is fully plugged into the glasses and the jack
Tones and/or heartbeat sounds are audible on the left side only	Ensure the headphone is fully plugged into the jack
No sound from external audio device	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the jack of the Delight Check the volume level of the audio device
Delight will not enter Sound Sync mode	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the jack of the Delight Check that the audio device is playing and adjust the volume level (audio should be present in the headphones plugged into the Delight)
Download is not recognized	Ensure the 3.5mm patch cord is fully plugged into the download source and the jack of the Delight Adjust the source volume to a moderate listening level (audio should be present in the headphones plugged into the Delight).
Session starts with no lights and/or sounds	Adjust the intensity and/or volume level Re-save preferences (*see page 11*)

REFERENCES

Fox, P. and Raichle, M. (1985) Stimulus rate determines regional blood flow in striate cortex. *Annuls of Neurology*, **17(3)**, 303-305.

Shealy, N., Cady, R., Cox, R., Liss, S., Clossen, W., and Veehoff, D. (1989). A comparison of depths of relaxation produced by various techniques and neurotransmitters produced by brainwave entrainment. Shealy and Forest Institute of Professional Psychology. *A study done for Comprehensive Care*, (unpublished).

If you have any questions, require assistance, or wish to receive information on new product developments and research currently being conducted at Mind Alive Inc., visit our website at www.mindalive.com or call toll free at 1-800-661-MIND(6463). Outside Canada and the U.S. call (780)465-6463.

GO ONLINE TO VIEW THIS MANUAL AT
www.mindalive.com/manuals/delight_manual.pdf

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